

# Supplement Facts

Serving Size 1 Packet  
Servings Per Container 10

| Amount Per Packet                                    |                      |               | Amount Per Packet                    |         |               |
|--|----------------------|---------------|--------------------------------------|---------|---------------|
|  |                      | % Daily Value |                                      |         | % Daily Value |
| Vitamin A (from cod liver oil)                       | 900 mcg              | 100%          | Magnesium (as magnesium oxide)       | 63 mg   | 15%           |
| Vitamin C (as ascorbic acid)                         | 250 mg               | 278%          | Zinc (as zinc oxide)                 | 11 mg   | 100%          |
| Vitamin D (as ergocalciferol)                        | 20 mcg               | 100%          | Selenium (as sodium selenate)        | 25 mcg  | 45%           |
| Vitamin E (as dl-alpha tocopherol)                   | 75 mg                | 500%          | Copper (as cupric oxide)             | 0.5 mg  | 56%           |
| Thiamin (as thiamin mononitrate)                     | 60 mg                | 5000%         | Manganese (as manganese sulfate)     | 5 mg    | 217%          |
| Riboflavin   | 60 mg                | 4615%         | Chromium (as chromium chloride)      | 50 mcg  | 143%          |
| Niacin (as niacinamide)                              | 60 mg                | 375%          | Molybdenum (as sodium molybdate)     | 50 mcg  | 111%          |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride) | 60 mg                | 3529%         | Potassium (as potassium chloride)    | 200 mg  | 4%            |
| Folate   | 400 mcg DFE          | 100%          |                                      |         |               |
|  | (240 mcg folic acid) |               | Betaine (as betaine hydrochloride)   | 25 mg   | *             |
| Vitamin B <sub>12</sub> (as cyanocobalamin)          | 100 mcg              | 4167%         | Glutamic Acid (as L-glutamic acid)   | 25 mg   | *             |
| Biotin   | 100 mcg              | 333%          | Inositol (as inositol monophosphate) | 75 mg   | *             |
| Pantothenic Acid (as calcium pantothenate)           | 60 mg                | 1200%         | <i>para</i> -Aminobenzoic acid       | 30 mg   | *             |
| Choline (as choline chloride)                        | 100 mg               | 18%           | Deoxyribonucleic acid                | 50 mg   | *             |
| Calcium (from oystershell)                           | 130 mg               | 10%           | Boron                                | 500 mcg | *             |
| Iron (as ferrous fumarate)                           | 10 mg                | 56%           |                                      |         |               |
| Iodine (from kelp)                                   | 150 mcg              | 100%          |                                      |         |               |

\* Daily Value not established.

Other ingredients: Cellulose, stearic acid, and silica.